

THE COOP SCOOP

2nd Quarter 2002

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Herbal Medicine—Tinctures

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Matt, Jennifer, Matt and Hether get dirty at the Co-op Garden

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Sundays Noon–6pm



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The PFC Microcosm — How Your Co-op Fits Together

by Lucy Bland, staff member

There have been a lot of changes and developments at the PFC over the past several years, which can get kind of confusing. So, we put together a little guide to the way things are organized.

Community—The community is why the Co-op exists! The two interact in mutually beneficial ways and neither would be healthy or sustainable without the other!

Membership—The Membership votes for the Board of Directors and can attend meetings. Annual dues are an important supporting force for the Co-op's survival.

Board of Directors—The Board governs for the membership by exercising managerial oversight and by developing policies, i.e. setting goals in a cooperative manner that help the Co-op stay true to its mission.

The Store—The store is the primary way by which the community interacts with the Co-op. It fulfills the 'providing natural prod-

ucts' part of the mission statement. The store also acts as a small information hub for the community.

Co-op Garden—The garden is a new addition to the Co-op and is one aspect of the Co-op's sustainability. Especially in the spring/summer months, the Garden provides the community with PFC-grown produce at the Bank Street Market.

People's Education for a Sustainable Future—This is a brand new, non-profit organization created to devote more resources to the PFC's education

mission. The PESF is a separate organization advocating for food issues and educating about how they relate to environmental responsibility, health, and social justice.



My, haven't we grown over the years? Did you take this photo? Know the story behind it? Contact the editor to get involved in a PFC history project.

PESF Update

by Matthew Clysdale, member and PESF board member

The People's Education for a Sustainable Future (PESF) has been diligently planting the seeds of our own success. We filed for our 501(c)3 nonprofit status, crafted a succinct mission statement, and elected our board officers: David Schmidt—President, Cathy Dernay—Vice President, Christena Smith—Treasurer, and Chris Dilley—Secretary.

Perhaps you weren't aware: it was the PESF that coordinated and ran the Co-op's Spring Gathering as a fundraiser for our organization, raising a robust \$800 for operational expenses, of which \$50 went towards bringing the Road R.A.G.E. GMO performance to The Space.

continued on page 7

PEOPLE'S FOOD CO-OP

The People's Food Co-op of Kalamazoo provides good, safe food to the community at reasonable prices and educates the community about issues related to food, health and environmental responsibility.

PFC Manager: Sue St. Onge

PFC Staff: Eric Benson, Lucy Bland, Ryan Buxman, Jenny Joy Doezema, Elizabeth Forest, Alex Means, Andrew McCroskery, Benji Mogg, Maria Panone and Elizabeth Tank.

PFC Board of Directors:

Peter Brakeman, president; Noah Dillard, vice-president, Tanya Latulippe, secretary; Susan McHugh, treasurer; Anne Hensley, Earl Hall, Chris Dille



The *Coop Scoop* provides a quarterly forum for communication between the membership, staff, board and community about issues related to the store, our mission and our community.

Editor-in-Chief: Chris Dille 381-2716

In-Store Editor: Lucy Bland 342-5686

Calendar Editor: Alev Dudek 552-9213

Indispensable Volunteers: Brakeman, the writers, Sheri Mahany, Jennifer Michaels and Timothy Gallagher.

If you are interested in advertising, carrying the *Scoop* at your establishment, or helping out with production of the *Coop Scoop* contact Chris Dille at pickle@net-link.net or 381-2716. Contributions due in the store by the 15th of Feb., May, Aug., and Nov. for the following month's issue.

Co-op Happenings

PFC Environmental Education Series

June: *Natural Healing Power of Herbs*—with Maya Cordes, certified herbologist and member. Monday, June 24, 7:00 pm, Kalamazoo Public Library, 3rd floor, in the Van Deusen Room.

July: *Urban Sprawl*—Sprawl is the number one environmental issue facing the United States today. Join WMU graduate student Michèle Richards for an interactive presentation. We will look at how the choices we make affect the spread of sprawl, and what each individual can do to create the most powerful impact against sprawl. Wednesday, July 3, 7:00 pm on the 3rd floor of the Kalamazoo Public Library in the Van Deusen Room.

August: TBA

Every lecture is videotaped and will air on Community Access Center Television during the **PFC weekly time slot:** Wednesdays, 6:30pm, channel 22 ("Sci-Fi Meets Our Food Supply"—throughout June). Call Community Access Center at 343-2211 for further details, or if you have topic ideas contact Matthew Clysdale @ 349-2344.

The board apologizes for any inconvenience caused by the cancellation of the May 8 seminar.

Co-op Member Discount for Shows at Kraftbrau

Kraftbrau is now offering current PFC members \$2 off the ticket price for national artist shows! Just show a picture ID and your valid PFC membership card when purchasing tickets. Also, a \$1 discount off growler refills or six-pack purchases at the brewery with the same show of ID.

This offer is for members (not guests), regardless of ticket price. The discount only applies to national acts, not local/regional talent.—*Steve Berthel*

Michigan's Blue Gold

You can help fight Perrier's invasion on Michigan's groundwater by supporting Michigan Citizens for Water Conservation, based in Mecosta County, MI. Currently they are in a lawsuit with Perrier and have already racked up over \$90,000 in court fees! Buy official Michigan Raffle tickets to raise money for MCWC! First prize \$1,000; second prize \$500; third prize \$250!! I work at the Co-op four days per week, during which tickets will be for sale. Or, if you'd like more info please call me at 349-8269; MCWC's webpage is savemewater.org.—*Lucy*

Co-op Kitchen Producer Needed

The Co-op Kitchen, a cooking show which airs on Cable Access, needs a volunteer to serve as producer. Leslie Neuman and SueAnn Good have started the ball rolling, but now we need new blood. If you are creative, interested in video production and would like to take on this fun and interesting project, please call Noah at 382-0045. Access will provide the tools and training, the Co-op will provide the food. We just need you to put it together.

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THE SKINNY

Things We Think You Should Know About Your Store

by Lucy Bland, staff member

Herbland Update— Frontier Natural Foods Co-op will soon become a regular business. In addition, they have discontinued many medicinal herbs, including bulk capsules. Due to these changes, and since medicinals are so important to the community, PFC is switching bulk herb suppliers. With the help of Maya Cordes, we will be switching to Trinity Herbs, Herb Pharm, and maybe Pacific Botanicals for bulk herbs, teas, capsules, and tinctures. Though these aren't co-ops, they are small businesses that know where their herbs come from and are highly recommended by herbalists. Please bear with us through these changes!

North Farm Changes— For those who may not be aware, North Farm (one of PFC's main distributors) has been experiencing an immense amount of changes within the past year. Along with two management changes has come a reduction in their stock, which has greatly affected the PFC. Also, they have reduced our ordering to every other week. Despite these difficulties, PFC has decided to be loyal to North Farm, a true co-op with a high organic standards, as they really need our support.

The Co-op is a Shopper Too! Just like most of us, PFC shops for sale products! Although we do carry many regular products, some are purchased because the distributor is having a sale. Since part of our mission is to provide healthy, economical food, we take the opportunity when we see it! If you can't find a product previously carried, please ask a staff to see if it can be special ordered.

#5 Yogurt Cups—The PFC simply doesn't have the resources to be a recycling station for Kalamazoo. However, we support recycling, so please take these containers to Neu-Co/Plastic Central at 1807 North Pitcher St. Please see the flyers on the bulletin board or the last issue of the *Coop Scoop* (Jan.'02) for more info.

Stock It!—The PFC benefit at Kraftbrau on 5/19 raised money to help buy the store new shelving! Soon you will see new shelves in the 'grocery' aisle and perhaps the 'health & beauty' aisle. Thanks to all who gave support at the benefit!

The staff and management will continue to bring you news about how the store works and what affects it.

Garden News

by Cathy Dernay, garden manager

Greetings from the Co-op Garden. This update is bursting with thank-yous for all the support and help I've received from the community. First and foremost I have to thank everyone who has helped build beds, plant, weed, transplant and work in the garden so far. It's really been a group effort and the space looks great! I'm always anxious to have more food growing in May but it's important to remember that patience is a virtue. It takes time to build soil fertility and create a balanced environment. We planted some things earlier in the month and frost damaged them. It seems the garden is in a low spot that is rather susceptible to frost. So, we're taking it slow and waiting to transplant the showstoppers, like tomatoes and peppers, until the nights stay warm.

As you all might know we had a bake sale for the garden at the Co-op Spring Gathering. It was a big success and we raised over \$100!! That money will be used to purchase tools and supplies to use with kids in the garden. Thanks to everyone who donated goodies and to all those who gobbled them up! More praises and gratitude for the folks who helped fund the pedal-powered produce adventure! We received enough money to purchase the trailer and it will soon arrive! If you're interested in weeding for a hour or helping out with anything else give me a call at 381-2716. Thanks!

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Introducing... your new board members

Thank you for electing me to the PFC Board of Directors! I look forward to sharing what I have learned and learning what you have to share. I will be heading the Membership Services/ Personnel Committee, so please contact me at 341-9224 if you have time or ideas.—*Tanya Latulippe*

I am thrilled to have the opportunity to help strengthen this already vital community. In heading up the Fundraising and Marketing Committee, it is my hope that we can broaden our membership base to a greater part of Kalamazoo. I welcome your thoughts and concerns and am eager to find volunteers within the Co-op community who would like to contribute their time and ideas to educating Kalamazoo about all the Co-op has to offer. Please contact me via email at a_hutchie@hotmail.com or at 388-6135 with thoughts and ideas.—*Anne Hensley*

I am a Maine native, but have fallen in love with this community since moving here in 1997. It pains me to see the degradation of Kalamazoo, and the subsequent whitening and corporatization of its downtown area. I aim to do my part to help strengthen our community by working for the Coop and the community that has developed around it. As Vice-President and Volunteer Coordinator I will look for ways of broadening our network of volunteers both in support of our staff but also as a vital pillar in the success and continuation of our People's Food Co-op.—*Noah Dillard, 382-0045*

Current-continuing board members:

Susan McHugh—Treasurer and Finance Committee Chair, 664-4919

Earl Hall—Physical/Relocation Committee Chair, 345-7720

Chris Dilley—Newsletter Committee Chair, 381-2716

A Letter from the New Board Chair

by *Peter Brakeman*

I feel honored to become a member of the Co-op board of directors. While serving on the board, I'll be especially interested in several areas, including developing more low-commitment ways for members to help the co-op work, establishing a practical plan for moving to a larger space, and continuing to develop the respected and valued place the Co-op has in the Kalamazoo community.

Not too long ago, the Co-op was in a such a difficult situation, it considered dissolving. Over the last two years, the business has stabilized and finances have moved from the red to the black. Through efforts as varied as the Educational Series, event tabling, newspaper articles, and the Co-op Deli, our market presence has expanded. New and exciting projects, such as People's Education for a Sustainable Future, and the Co-op Garden have begun. We are fortunate to have a solid foundation laid by staff, management, and a core group of dedicated volunteers upon which we can continue to build and develop.

I am very conscious of the fact that, as a board member, I've been asked to represent the membership, and to make decisions which benefit PFC members. To this end, it is very important that my fellow board members and I hear directly from you with your thoughts about both what is going well and areas which need improvement. Over the next few months, the board will be developing a few simple ways to make this essential communication easier. We will continue to keep you informed about what we're up to in the *Coop Scoop* and by posting our meeting minutes in the store. Of course, the end result of our work is the quality of your experience as a member, in the store and in the community at large. If you are not proud of your membership, or don't feel served in some way, please let us know.

In our first meeting as a new board, we reaffirmed and created standing committees which speak to our core responsibilities. These committees are: Building/ Relocation; Budget/ Finances; Marketing/ Fundraising; Membership Services/ Personnel; Volunteer Coordination; and Newsletter. The committees are headed by a board member, and we're currently seeking three members to join each one. This is a relatively small time commitment, and very important work, done with great people, so if you have time, interest, or expertise, please call a board member.

I'm excited to be closely involved with the current and upcoming chapter in the life of our co-op. Please feel free to contact me (341-4299, peter@brakeman.org), with your concerns or great ideas for bettering your co-op.

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*Healing Beneath
the Symptoms*

from the CO-OP'S KITCHEN

by MARIA

Coriander Chelation Pesto

from Russ Michael Reader's Forum

Coriander has been proven to chelate toxic metals from our bodies in a relatively short period of time. Combined with the benefits of the other ingredients, this recipe is a powerful tissue cleanser. Two teaspoons of this pesto daily for three weeks is purportedly enough to increase the urinary excretion of mercury, lead and aluminum, thus effectively removing these toxic metals from our bodies. Consider doing this cleanse for three weeks at least once a year. Whether you need to detoxify heavy metals from your body or just wish to use it as a preventative measure, two teaspoons a day is all you need. It is easy and delicious on toast, baked potatoes and pasta

- | | |
|--|--|
| 4 cloves garlic | 2 cups packed fresh coriander/
cilantro (vitamin A) |
| 1/3 cup Brazil nuts (selenium) | 2/3 cup flaxseed oil |
| 1/3 cup sunflower seeds (cysteine) | 4 tbsp. lemon juice (vitamin C) |
| 1/3 cup pumpkin seeds (zinc,
magnesium) | 2 tsp. dulse powder
liquid aminos (e.g. Bragg's) |

Process the coriander and flaxseed oil in a blender until the coriander is chopped. Add the garlic, nuts and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a squirt of Bragg's to taste and blend again. Store in dark glass jars if possible. It freezes well, so purchase coriander in season and fill enough jars to last through the year.

Teaching Today

by Earl Hall, board member

We have heard much spoken and written about heroes since September 11 — police, fire and rescue personnel. I would like to introduce you to a group of people who "rescue" every day: teachers. These professionals are as much on the front lines as any soldier fighting in Afghanistan. They work very hard, receive scant praise, and are the first to be blamed when a child fails.

Today's school is a microcosm of the community. Today's youth has multiple issues that can manifest themselves at school such as single parent or parentless homes, and homelessness. Equally important are developmental and emotional difficulties which, if unchecked, affect their learning as well as their classroom environment. Teachers are ill-equipped to cope with these challenges, yet they do try and even succeed.

Today's kids are easily bored with traditional learning techniques, including reading. They are accustomed to the speed of computerized games, the flash of music videos, and the diversity of the internet. They are also bombarded by the mass media, which tells them what to wear, which foods to eat, and what music to listen to. Technological aids are in the classroom, yet these are largely unused. Today's youth is subtly discouraged from thinking for themselves, except when in the classroom. Yet somehow through all of this, teachers remain committed to their students.

The community also needs to be committed to the kids, as our future depends on them. We must ensure that we provide them with a safe, healthy, clean environment, where nutritious food is a priority. Society has to demonstrate respect for all life; it is the most important value we can pass on to coming generations.

If you have an opinion that relates to the Co-op's mission, write it down and submit it to the *Scoop* via the store (attn: *Coop Scoop*) or at pickle@net-link.net.

by M. Cackay





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Permaculture Corner

by Tyler Bassett, member

Zones

In this installment of the Permaculture Corner, I will be discussing one of the basic principles of permaculture—zones.

Permaculture is the application of simple, common sense ideas that increase productivity and energy efficiency in our living space. Dividing the space in which you work and play into zones is a way of increasing the efficiency of your daily life. The placement of objects (garden, orchard, bird feeders, tool shed, production forest) in the landscape where you live should follow the patterns of your daily life. The center of your activities, around which everything you do revolves, is referred to as Zone 0. Typically this is your house. However, permaculture can be applied on any scale, from a typical one-acre lot to a 1,000 square-mile city.

Starting with Zone 0, each successive zone radiates out from that center point. The placement of objects depends upon how often you visit that area in a given time period, as well as the maximization of energy efficiency (including your own). Zone 0 may involve an herb garden and a stack of firewood. It may also involve a house with many large south-facing windows and living areas on the south side of the

house to make use of that free heat. (This will decrease the number of times you have to fetch firewood or chop down a tree [Zone 4? 5?] for firewood.) Zone 1 is visited probably one to three times a day. This would be a vegetable garden, a chicken yard/shed, a compost pile, and other frequent destinations. You would also want to orient the components of Zone 1 to be most useful. Place the chicken yard near the kitchen to facilitate the tossing of scraps into it. Keep garden amendments (manure, finished compost, etc.) uphill from the vegetable garden so the wheelbarrow is full when headed downhill, not up.

Out from Zone 1 are places you visit at most once a day (and usually less): an orchard and/or livestock barn in Zone 2, an aquaculture pond or pasture in Zone 3, a production forest or prairie reconstruction in Zone 4. In creating and placing these amenities, follow ecological clues (existing forest, soil type, direction of wind, etc.) and the lay of the land so as to use your own space appropriately. But, most of all, examine your own life and follow the cues found there.

In summary, the concept of zones offers a useful perspective on how we order our lives spatially, and how we may do it more effectively. The examples shown here may not fit your lifestyle, in scale or in substance, but they present ideas you may find useful in structuring your own living space.

Tyler is with the Kalamazoo Permaculture Learning Rhizome. Check out *Introduction to Permaculture* by Bill Mollison for more on permaculture.

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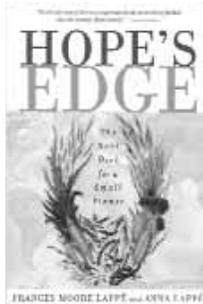
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Book Review: *Hope's Edge*

Hope's Edge: The Next Diet for a Small Planet
By Frances Moore Lappé and Anna Lappé

by Christena Smith,
member and PESF
board member



Thirty years ago, Frances Moore Lappé wrote *Diet for a Small Planet*, a landmark book largely responsible for our understanding of the meat industry's impact on the environment and our health. This year, she and her daughter, Anna, have authored *Hope's Edge*, which may well prove just as important to our understanding of food systems and sustainability.

Hope's Edge is an immensely readable work which reveals both the facts and figures of the damage done to global food systems by governments and agribusiness, and more importantly, what is being done by individuals and communities to mend and reverse the damage. The authors recount conversations with people they encountered during their year of global travel and study, giving the reader a sense of time, place, and personality.

The Lappés begin in the San Francisco Bay area talking with Alice Waters about the Edible Schoolyard Program, which teaches children the value and pleasures of growing, preparing, serving, and consuming local foods. They travel then to Brazil, meeting with members of MST (Landless Workers' Movement) who believe the right to good food is part of citizenship, and that food security is a human right. This is a movement working to link sellers directly with consumers, and in the process, proving that the state does not have to be an incompetent administrator.

Next, in Bangladesh, they speak with

Professor Yunus, the founder of the Grameen Bank (Village Bank), responsible for extending micro-credit to thousands of people for cottage industries and small farms. India's Navdanya movement, dedicated to preserving agricultural diversity and promoting food security, works not only with the farmer, but has an urban strategy also. Their Delhi-based shop and food festivals serve to connect the city consumer with the pleasures of traditional native cuisine.

In Europe, where Holland is the heart of the Fair Trade movement, 40,000 supermarkets carry Fair Trade goods which guarantee farmers and producers in places like Guatemala and Nicaragua a fair price for their products.

The Lappés return to the U.S. where, by 1997, 20 million acres were planted in genetically modified seed with hardly a news article or public discussion about it. In Wisconsin, however, they visited membership farms, part of the move toward community-supported agriculture, in which more than 30,000 families have invested since 1986. Nationwide, sales of organic foods have increased 20% a year for the past eight years.

If food is of any interest to you whatsoever, *Hope's Edge* is essential reading. Each chapter concludes with recipes from the countries visited, and a full chapter of recipes is found at the book's end. For those inspired to further study, there are endnotes, a bibliography, an index, contact information, and a list of recommended readings.

Reading this book left me with this thought: Maybe we're not on the edge of the abyss. Maybe we're on the edge of hope.

Copies of *Hope's Edge* may be found at Athena Books, where all books are discounted 10% to PFC members. Have you read a good book that you think the membership might find interesting? Write a review. For more information contact Chris Dille at pickle@net-link.net or 381-2716.

PESF Update

continued from front page

We've surveyed our turf, defining and refining our goals and purpose as an organization, yet perhaps the most important part of our identity remains fallow: our name. The People's Education for a Sustainable Future is a mouthful, and although it aptly describes our basic mission, it none-the-less remains a working title for our organization. We need a new name, and we're open to suggestions.

We're looking for a name that rolls off the tongue, sticks in the mind, and conjures up images of all that we do and believe. We've been tossing around the following phrases and words as possible names or beginnings to a two or three word "identity": Open Mouth — a double entendre suggesting hunger or eating as well as vocal protest, Garden Earth — a play on Planet Earth and alluding to the earth as a garden and all that that entails, Soiling Ourselves — pure comic relief, Eden on Earth — what we're striving for as well as a perception of the Earth as sacred or a garden, Harvest Hope — speaks well for food issues as well as our basic mission. The words: evolution, agriculture, sustainable, cornucopia, root, growth... as you can see it's still brewing.

If you like any of the above, or have an idea of your own, please leave your suggestion at the People's Food Co-op (attn: PESF) or contact Matthew Clysdale @ 349-2344.

I'd thought it appropriate to leave you with our finished mission statement:

"With the goal of cultivating a healthy love of self, the earth, and all life, our mission is to serve the Southwest Michigan community as a resource for education about food issues relating to health, environmental responsibility, and social justice."

If you have questions about the PESF or want to get involved, call David at 388-4219.

Spring Gathering

by Timothy Gallagher, member

Laughing children expressed their appreciation for headliners Andy Stevens Live by trashing the wacky musicians with popped balloons and storming the stage as the 2002 Spring Gathering blasted off at Kraftbrau. Luscious dishes flew in on the wings of Kalamazoo's Co-op angels, gracing the potluck table and tempting everyone with heavenly tastes.

The community wove their magick by celebrating Earth Day Eve swaying to the beat of The Skin Tones and a special African percussion session with members of Orchestra Ramura and Jah Kings. Minneapolis musician Robert McCreedy crooned, then Green Sky Blue Grass got everyone stomping before soaring back to heaven on the vibration of Jah Kings.

Meanwhile, generosity poured into the till until \$800 spilled out, providing funding for People's Education for a Sustainable Future. Topping it off, a bake sale organized by Michèle Richards and Kathy Rankin brought in over \$100 to buy tools for the Co-op Garden. Thanks to Water Street Coffee Joint, Caffè Casa, Scone Zone, Mackenzies and Sarkozy Bakeries and several PFC members for donating yummy baked goods.

Loving people and businesses like Terrapin, Water Street Coffee Joint, Brakeman, Center for the Healing Arts, Traci Seuss, Maya Cordes, The Space, and Kalamazoo Film Society provided great door prizes. Someone even won a night for two at the Henderson-Royce Castle Bed and Breakfast!

The Magickal Fairy of Fundraisers, Elizabeth Forest, brought the event together. She thanks Zion Lion, King Strang, Andy Stevens Live, Brook Pridemore and the Shoplifters, and all the volunteers who helped her raise an additional \$400 for PFC shelving on Sunday, May 12th. Bert and Kraftbrau deserve special blessings for being a wonderful supporter of the Co-op. If we all close our eyes and bask Elizabeth in our warm love-lights, maybe she will bring us more fun soon!

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PFC Events Calendar:

- June 11 **Board Meeting**
PFC, 7pm
- June 24 **Full Moon Gathering**
8-11pm, Lake Village, Info: 345-6990
- Environmental Ed. Series**
Herbal healing from Maya Cordes.
7pm, K-zoo Public Library, 3rd Fl.
- July 3 **Environmental Ed. Series**
Consider urban sprawl with WMU grad. student, Michèle Richards.
7pm, K-zoo Public Library, 3rd Fl.
- July 9 **Board Meeting**
PFC, 7pm
- July 24 **Full Moon Gathering**
8-11pm, Lake Village, Info: 345-6990
- Aug 13 **Board Meeting**
PFC, 7pm
- Mondays **People's Power Hour**
89.1 FM WIDR from 7-8pm, a collectively run show: activist info and conversation on timely topics.

We are planning to expand this section of the Scoop. If you have items you wish to see included please send them to Alev, our new calendar editor, at aldudek@unix.cc.wmich.edu or drop it at the Co-op, Attn: *Coop Scoop Calendar*. You can now find a regularly updated events calendar under announcements at www.peoplesfoodco-op.org.

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